

# RUABON NEWS LETTER 500!



## CHILDREN IN NEED

### Money Raised

### and Spot Sticker Winner!

Tuesday, 21st November 2023

A big, big thank you to all that supported, which resulted in a whopping **£836.05** raised, through online donations, non-uniform, and the activities in school.



The winner of the Spot Sticker Award:-



## **Cat Dowdeswell from Hope House & Tŷ Gobaith Children's Hospices at Ysgol Rhiwabon.**

Friday, 17th November 2023

Cat Dowdeswell was at Ysgol Rhiwabon this morning to launch the  
Year 9 Presentation of the  
**Dragons' Lair to Year 10.**

It is now an established part of The Enterprise & Employability Skills Challenge, and is a fabulous way to test pupils' skills, and raise funds for Hope House & Tŷ Gobaith Children's Hospices.

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## **School term dates in Wales to change from 2025 - with end to six week summers**

A future proposal could also see the spring term at a fixed point rather than 'around the Easter weekend'

School holiday dates could change in Wales from 2025 - with the end of six week summers. A consultation will open on Tuesday on changing the school calendar, so that breaks are spread out more evenly.

This will include a two-week half term autumn break with a week taken from the summer. That break will reduce to five weeks - with a week taken from the start of the summer break.

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Message from: David Goodban.

“Please find attached a press release from Ken on the Royal British Legion's Credit their Service campaign, which calls for military compensation to be excluded from Pension Credit means-testing.”

## PRESS RELEASE

Ken Skates MS | Clwyd South

### **MS backs Royal British Legion over Veterans' Compensation**

**Member of the Senedd Ken Skates is backing a Royal British Legion campaign to stop veterans missing out on thousands of pounds every year.**

The Clwyd South MS raised the RBL's 'Credit their Service' initiative in the Senedd last week. Described by the charity as 'a national call to action', it advocates for military compensation to be excluded from Pension Credit means-testing.

Addressing Deputy Minister for Social Partnership, Hannah Blythyn, on Tuesday (November 13), Mr Skates said: “Remembrance, of course, is a time for everybody to come together, to unite across cultures, backgrounds and all faiths to remember those who have served to protect our democratic freedoms and ways of life.

“I'm sure that you'll be familiar with the Royal British Legion's campaign, Credit their Service. It calls on councils to revise their policies to ensure that military compensation is not included in means-testing for benefits, and at present only three local authorities fully disregard the compensation. I'm pleased to say that one of those local authorities is my own in Wrexham.

“What discussions has the Welsh Government had with both UK Government and representatives of local authorities in Wales on this issue, and would you join me in supporting the Royal British Legion's campaign?”

The Deputy Minister responded: “You're right to raise the work of the Royal British Legion, particularly as we come out of the annual remembrance period. We'll predominantly be familiar with them in the

remembrance period for the poppy selling, but you raise the work that they do around campaigning and calling for change as well.

“We work very closely with the Royal British Legion, not least because they’re a member of our Armed Forces expert group.

“We have been in contact with them with regard to the Credit their Service campaign, and officials have met with the Office for Veterans' Affairs in the UK Government too regarding the issues raised in the campaign. We’ve also raised that with the Welsh Local Government Association too, and our Armed Forces liaison officers, who are the contacts who work really closely with local authorities and who deliver so much support to our veterans and Armed Forces community in Wales.”

She added: “It’s my understanding that the campaign covers both devolved and reserved matters, and so we’re going to work with those partners to examine what further action might be required on our part. It’s something that I’m committed to and happy to discuss, and happy to follow up.”

Ms Blythyn said she would work with Rebecca Evans, Minister for Finance and Local Government, ‘to see, actually, are there more things that we can do to make sure we support our veterans’.

After plenary, Mr Skates welcomed the Welsh Government’s support. He added: “Data from the last Census shows that around 115,000 people in Wales, which is about 4.5% of residents aged 16 or older, have served in the Armed Forces. At the time, there were more than 1,300 veterans in North Wales who were over the age of 65, widowed, living alone, disabled and self-reported as being in ‘a not good state of health’.

“Veterans and their families, who have endured suffering and loss due to their service, deserve appropriate compensation. The Credit their Service campaign is rooted in the principles of the Armed Forces Covenant, which pledges that those who serve will not be disadvantaged.

“Even though military compensation is involved in more than 10,000 UK benefit awards each year, 80% of councils still consider it as income. Only three Welsh councils currently fully disregard the compensation – that needs to change, and that’s why I’m supporting this campaign.”

**-Ends-**

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## RHYBUDD TWYLL

Mae Heddlu Gogledd Cymru wedi cael gwybod am dwyllwyr yn targedu trigolion gan honni eu bod o'u meddygfa leol. Mae'r troseddwyr yn gofyn i'r dioddefwr am eu hiechyd yn gyffredinol ac yn argymhell presgripsiynau newydd ar gyfer eu hanhwylderau. Gofynnir wedyn i'r dioddefwr am eu manylion banc.

Buaswn i'n annog trigolion fod yn ymwybodol o'r dacteg hon a **pheidio rhoi manylion personol neu fanylion banc i UNRHYW UN** dros y ffôn. Os 'da chi'n derbyn galwad o'r fath, rhowch y ffôn i lawr a riportiwch wrth Action Fraud ar **0300 123 2040**.

Os 'da chi'n poeni am unrhyw anhwylderau neu feddyginiaethau, cysylltwch hefo'ch meddygfa gan ddefnyddio rhif ffôn 'da chi'n wybod ac un dibynadwy.



## FRAUD ALERT

North Wales Police have been made aware of fraudsters targeting residents, purporting to be from their local GP Surgery. The criminals are asking the victim about their general health and recommending new prescriptions for ailments. The victim is then asked to provide their bank details.

I would urge residents to be aware of this tactic and **not provide personal details or bank details to ANYONE** over the telephone. If you receive such a call, please hang up and report to Action Fraud on **0300 123 2040**.

If you are concerned about any ailments or medication, please contact your GP surgery using a phone number you know and trust.

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If you are concerned about any ailments or medication, please contact your GP surgery by using a phone number you know and trust. Thank you to Dawn Hughes Lloyd, Julie Reeves and Jemma Williams of Ruabon Medical Centre for sending in this information.

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## Welcome

Welcome to the latest edition of our Healthy Weight: Healthy Wales strategy newsletter covering recent news, updates, and best practice in relation to the Healthy Weight: Healthy Wales strategy.

This month has plenty to read about including:

- Within '**Latest Updates**' you can watch a new animation that explains our Healthy Weight Whole System Approach or read the Chief Medical Officers annual report for his views on how the activity of large companies can play a role in our health.

- For ‘**In the Spotlight**’, we catch up on the work of the All Wales Diabetes Prevention Programme.
- **Best Practice Projects** this month shines a light on the work of Living Streets and Gwfni Affiliated Sports Project in addition to further case studies from our recent trip to North Wales.
- There are plenty of **Dates of Interest** to note including the Social Prescribing Framework Launch and Climate Change Week.
- For ‘**In the Spotlight**’, we catch up on the work of the All Wales Diabetes Prevention Programme.

- **Best Practice Projects** this month shines a light on the work of Living Streets and Gwfni Affiliated Sports Project in addition to further case studies from our recent trip to North Wales.

- There are plenty of **Dates of Interest** to note including Social Prescribing Framework Launch and Change Week.



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Climate

- [Latest Updates](#)
- [In the Spotlight](#)
- [Best Practice Projects](#)
- [Ambassadors](#)
- [Get Involved](#)
- [Dates of Interest](#)

## Latest Updates

### Bringing our Whole System Approach to life

Taking a **Whole System Approach** to overweight and obesity is at the heart of our Healthy Weight Healthy Wales strategy.

A whole system approach is about drawing together different people’s knowledge and skills to develop a shared understanding of complex challenges, such as obesity, and integrating actions to drive and inspire long-term changes.

Within the Welsh Government, cross-government co-ordinated interventions in areas such as transport, urban planning, the environment, education and agriculture can all enable greater opportunities for people to adopt healthier behaviours.

Public Health Wales have developed a common methodology to introducing a whole system approach to healthy weight. They are working closely with local health boards to introduce whole system approaches across Wales. Teams within each health board have mapped local-level determinants of overweight and obesity and are working together with stakeholders and the community to design and deliver effective responses.

The whole system approach relies on being able to communicate a shared vision and way of working with a broad range of people. This is not always easy when many people view preventing or reducing obesity as an individual's responsibility or an issue for the health sector alone to address. Even the term 'Whole System Approach' is unfamiliar to most.

[A new animation](#) produced by Public Health Wales helps to explain what a Whole System Approach means and how everyone can contribute to making a healthier Wales.



You can help us to communicate our whole system approach by sharing the video or contact us at [healthyweighthealthywales@gov.wales](mailto:healthyweighthealthywales@gov.wales) if you have any questions on the whole's approach to healthy weight.

### Reuniting Planning and Health

Our Healthy Weight Healthy Wales strategy has healthy environments as one of its four key themes. The evidence shows that our environment – the places in which we live, work, shop and learn – can have a big impact on the food that we eat and how active we are. Environments in which healthier food and drink is widely available, appealing and affordable provide everyone with more options to eat healthy food each day. In a similar way, environments with easy access to sport and leisure facilities, as well as safe routes for active commuting and exercise provide everyone with more options to incorporate physical activity into their day. We need to change our environments if we are to succeed in encouraging more healthy behaviours so we can prevent and reduce obesity. To achieve this, we need to work closely with stakeholders across many different disciplines.

Public Health Wales hosted an event this October to bring public health professionals together with place makers and planners to explore how we can make healthier places.

Healthy Weight/Healthy Wales Ambassador Pippa Britton attended the event. She said:

“I imagine everyone has heard about some planning application they don't understand or agree with and has wondered ‘ why on earth did they allow that?’ For me, this event was the chance to see that a likeminded group of people from all sorts of organisations could come together to discuss and provide views on how we can improve decision making with regards to planning.

“I always hope that sport and disability are considered when it comes to planning new housing estates and especially that new roads link into places where people feel safe to cycle, walk or get around.

“I care that we don't have places near school gates that can cause congestion and make it harder for children to stay safe and I also care that the food options available to us don't end up forcing us into unhealthy choices. When you think about it, planning affects all these areas, and so to be able to share where we do things well and work together to improve things where we don't, is really important.”

The day included many inspiring case studies which showed just how much can be achieved when planning and health professionals collaborate in policy development and decision making at a local level.

For instance, colleagues from Betsi Cadwaladr University Health Board spoke about how they are working closely with local authority planning colleagues to make comprehensive and compelling public health recommendations in relation to new hot food takeaways. The team have developed an evidence base of relevant policies and local data that includes proximity to schools, existing takeaway density and local levels of overweight and obesity. This has made it more likely for new takeaway planning applications to be refused or for conditions to be attached to other food outlets. For example, including a requirement for a cafe to only sell food and drink to be eaten on the premises, helping to guard against the outlet changing to a hot food takeaway at a later date.

Health Impact Assessments (HIA) provide a useful method to identify health and wellbeing impacts of policies and plans. The [Wales Health Impact Assessment Support Unit](#) includes guidance and resources to help organisations think more broadly about health and ultimately make better decisions.

The Public Health (Wales) Act 2017 included a commitment for Welsh Government to develop regulations that require public bodies to carry out Health Impact Assessments for significant policy decisions.

A consultation on these regulations is planned to open this December.



*L-R: Varsha Nagaraj (Principal Public Health Nutritionist, PHW), Rachel Evans (National Breastfeeding Lead Midwife, PHW), Deputy Minister Lynne Neagle AM, Karen Jewell (Chief Midwifery Officer, Welsh Government), Rachel Bath (Consultant in Public Health, PHW)*

“Bright Spots” A celebration of good practice in infant feeding

Last month the National Lead for Breastfeeding brought members of the Welsh Infant Feeding Network (WIFN) and local Public Health teams together in Cardiff to celebrate innovation and good practice in infant feeding. The event gave colleagues from different disciplines the opportunity to create links after a long period without face to face meetings. As well as sharing good practice the event also promoted a whole system approach to infant feeding. There was a great buzz in the room on the day with representatives from all seven health boards attending.

The teams were welcomed by Chief Midwifery Officer Karen Jewell. We were delighted to be joined by Deputy Minister Lynne Neagle AM who thanked the teams for their work through the pandemic and beyond and praised the evident passion and enthusiasm on show.

Work presented included:

- The introduction of infant feeding support workers in two units in north Wales.
- Partnership with Dewis Cymru to promote and improve the Breastfeeding Welcome Scheme in north Wales.
- Achievement of Baby Friendly Initiative accreditation in CTMUHB neonatal services.
- The JIGSO intervention for vulnerable and young mothers in SBUHB.
- Responsive feeding services in ABUHB.

Feedback on the event was extremely positive and over 90% of teams said they had learnt about work that they would consider replicating locally. There is a [short report available summarising all the presentations](#).

If you would like to know more about this work, please get in touch!

[Rachel.evans43@wales.nhs.uk](mailto:Rachel.evans43@wales.nhs.uk)



**Chief Medical Officer: Annual Report 2023**

This year, the CMO report looks at the impact of the commercial determinants of health. It looks at the strategies and approaches used to promote products and choices that can have a positive and a negative influence on our health. This includes:

- products like tobacco, alcohol and unhealthy food
- the impact of climate change on health and well-being
- why the cost of living crisis is challenging for public health.

Sir Frank Atherton said:

“Wales already has a strong track record of leading the way on protecting the health of the public.

“However our Health and Social Care system is already under immense pressure. We need to employ all means to reduce the risk of unhealthy behaviours like smoking, poor diet, drug and alcohol use, gambling and lack of physical activity.

“High use of such products is often less about individual ‘choices’ and more as a result of the strategies used by large companies who produce, market, distribute, or sell these products”.

Read the [Chief Medical Officer annual report 2023](#) in full.

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*Graphics developed with Finding the Formula Parents Group*

## Infant Formula Preparation

[A study by Swansea University](#) (and co-funded by the Food Standards Agency) has found that infant formula preparation machines may not be adequately heating water to the minimum of 70 degrees that is recommended to kill any harmful bacteria that tins and packets of powdered infant formula can sometimes contain.

Welsh Government continues to recommend following the [Every Child Your Pregnancy and Birth](#) and [NHS Wales Making up infant formula](#) guidelines using a kettle.

If parents choose to use an infant formula machine, it is recommended they should make sure the water that comes out of the machine is at least 70C when combined with the formula. Parents can check the temperature using a simple digital food thermometer. If the water is less than 70C, it is recommended to stop using the machine and use the kettle method.

Please help us to spread this important message via your own channels. Social Media graphics are available:

[English Infographic](#)  
[Welsh Infographic](#)



*Photo by Jason Leung on Unsplash*

## Health Awards Recognition

It was fantastic to see projects and campaigns supported or promoted by Healthy Weight Healthy Wales recognised by prestigious award organisations.

**Come and Cook with your Child** led by dieticians at Betsi Cadwaladr University Health Board and **Merthyr PIPYN** led by Cwm Taf Morgannwg University Health Board were both finalists in the 'Improving Access to Health and Care' category at the Advancing Healthcare Awards Cymru. **Come and Cook with your Child** won the award at a ceremony on 20 October.

More information is available from the awards website -

[Advancing Healthcare Awards Cymru 2023 - Advancing Healthcare Awards \(ahawards.co.uk\)](https://ahawards.co.uk)

The **Healthy Weight Healthy You** campaign has been nominated for awards including 'Best Public Sector Campaign' at the CIPR Cymru PRide awards. Best of Luck to the campaign team.

The latest information is available from the [CIPR PRide awards website](#).

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## In the Spotlight



There is a team of dedicated healthcare support workers, managed by local lead dietitians, who are delivering the **All Wales Diabetes Prevention Programme** in Wales. The initiative is led by Public Health Wales.

### **The All Wales Diabetes Prevention Programme**

#### **Preventing type 2 diabetes – why is this needed?**

Over 200,000 people in Wales, an estimated 8% of the adult population, are living with diabetes, of which around 90% have type 2 diabetes. There has been a 40% increase in the number of people living with diabetes in Wales over the last 10 years, an increase of 60,000 people. Type 2 diabetes is a serious, sometimes lifelong condition and is a leading cause of sight loss and a contributor to kidney failure, heart attack and stroke. Evidence suggests that by supporting people to make lifestyle changes, including eating healthily and being physically active, over half of type 2 diabetes cases could be prevented.

#### **The origins of the All Wales Diabetes Prevention Programme**

Data from two successful pilots carried out and evaluated in the North Ceredigion and Afan Valley primary care clusters demonstrated promise of the effectiveness of this approach in reducing the progression to Type 2 diabetes. The use of this type of intervention presented an opportunity to improve type 2 diabetes prevention nationally and subsequently in 2021, the Healthy Weight Healthy Wales programme in Welsh

Government announced funding for a national rollout with embedded evaluation. Public Health Wales lead the development, implementation and evaluation of the All Wales Diabetes Prevention Programme (AWDPP).

### **What does the AWDPP intervention involve?**

The AWDPP uses a blood test called HbA1c to identify people who are at high risk of developing type 2 diabetes. People who are eligible for the programme are offered an appointment with a specially trained healthcare support worker, overseen by a dietitian, who talks to them about their risk of developing type 2 diabetes and what they can do to reduce it. Individuals may be referred to additional sources of support to help them make changes to their diet and to become more physically active. A follow-up appointment takes place a year later to review their progress.

### **The AWDPP One Year On**

Since it launched in June 2022, the AWDPP has offered support to over 3,000 people across Wales who are at an increased risk of type 2 diabetes. The programme is now being delivered in 32 of the 60 primary care clusters in Wales. This is thanks to the commitment of our partners in the health boards, who have worked extremely hard to get the programme up and running locally.

### **Is the AWDPP effective?**

An outcome evaluation of the AWDPP is being carried out by Public Health Wales' Research and Evaluation division with input from Swansea University's Clinical Trials Unit. We will begin to understand the programme's impact when enough people have attended their follow-up appointment after a repeat HbA1c blood test, which is undertaken 12 months after the initial consultation. The full outcome evaluation of the AWDPP will be completed in 2025. A process evaluation of the AWDPP has been independently conducted by a consortium of Swansea, Aberystwyth and Bangor universities, and the evaluation report was published on World Diabetes Day 2023.

More information at [All Wales Diabetes Prevention Programme - Public Health Wales \(nhs.wales\)](https://www.nhs.uk/health-wales/all-wales-diabetes-prevention-programme)



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## Best Practice Projects



### Walking Friends

Living Streets is the UK's registered charity dedicated to encouraging every day walking. Through its initiatives, it hopes to achieve a nation where walking is the natural choice for everyday local journeys. Its mission is to achieve a better walking environment and inspire people to walk more. [Living Streets Cymru](#) is a great example of an organisation which is supporting, enabling, and motivating people in to be more active and making it easier for them to make healthier choices in their lives.

To see how the charity reflects the Healthy Weight, Healthy Wales strategy, this summer our ambassador Nathan Brew visited one of its community walks '[Walking Friends](#)'.

Walking Friends Wales, funded by the Welsh Government's Healthy and Active Fund, helped older people start walking in their communities, make new connections and voice the need for changes to their local walking environment.

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## WOW The Walk to School Challenge

For **International Walk to School Month** which took place throughout October, Living Streets Cymru encouraged families to leave the car at home.

Pupils around the globe walked to school to celebrate and thousands of children enjoyed the benefits of active travel, thanks to support from the Welsh Government.

Healthy Weight Healthy Wales Ambassador and former Welsh international rugby union player, Nathan Brew, commented on the activities and said:

“Walking, wheeling, cycling or scooting to school is good for our health, prepares children for a day of learning and lets them enjoy quality time with friends or family. If you don’t live close to your school, parking a little further away and walking the rest can still help reduce cars, congestion and air pollution around the school gates.”

You can read the full article here: [Welsh families urged to take to their feet this International Walk to School Month | Living Streets](#)

Living Streets run WOW – the Walk to School Challenge. Children report how they get to school every day using the WOW Travel Tracker

(available in English or Welsh). If they travel sustainably (walk/wheel, cycle or scoot) once a week for a month, they get a badge. It's that easy.

To get your school involved, visit: [WOW - the walk to school challenge | Living Streets](#).



### **'Can Cook/Well Fed'**

Well-Fed is a partnership between Flintshire County Council, ClwydAlyn Housing Association and Can Cook. The aim is to offer fresh, affordable, healthy meal options to everyone, regardless of their circumstance.

We visited the initiative with Healthy Weight Healthy Wales Ambassador Emily Brooks to explore the impact the programme has had not just on health, but also socially and environmentally. So far, they have distributed over 60,000 meals to vulnerable households and in 2023 it will start to operate its farm to table supply chain – significantly reducing food miles, by using foods taken directly from farms and turning them into meals fit for every dining table. Find out more about the initiative here: [well-fed \(vimeo.com\)](#) **Gwynfi Affiliated Sports Project (GASP)**. The objective of Gwynfi Affiliated Sports Project (GASP) is to promote community participation in recreation, in particular by the provision of

facilities for the playing of sports for the benefit of the inhabitants of Blaengwynfi and Abergwynfi.

GASP is a great example of a community project which is supporting, enabling and motivating young people and children in the local area to be more active and making it easier for them to make healthier choices in their lives. They have recently built an outdoor play area for the children in their community within Blaengwynfi Park which Healthy Weight Healthy Wales Ambassador Aled Brew and WRU International Player Rhys Priestland visited: [GASP Video \(vimeo.com\)](#)

### **Môn Actif - Active Parks**

This Summer, Môn Actif and Anglesey PIPYN visited parks on the island to offer free sports activities and advice to children and their families. The aim was to encourage children to try different sports and also to raise awareness

of the fantastic parks in Anglesey.

Holyhead Breakwater Country Park has recently received funding to improve and modernise facilities at the park. Improvements include a new visitor welcome centre, children's play area and walking and cycling trails.

The park is one of many locations on Anglesey with a Mon Actif one-mile family fitness trail. Participants are rewarded with certificates for taking part - whether they run, wheel or walk the trail.

Watch our video to see how programmes like this tie into the Healthy Weight Healthy Wales strategy: [Mon Actif \(vimeo.com\)](#)

### **Ambassadors**

Our ambassadors have a key role in helping us raise awareness of the Healthy Weight: Healthy Wales strategy. They help us to build our networks, engage with stakeholders and visit best practice projects across Wales. If you are interested in hearing more about the work of our ambassadors, get in touch at

[HealthyWeightHealthyWales@gov.wales](mailto:HealthyWeightHealthyWales@gov.wales)

## You can help us...

You can help us to **spread the word** by:

- Talking about the strategy amongst your networks
- Engaging with your networks to encourage partnership working to address the problem
- Following us on social media
  - X (Twitter): [@WalesHealthy](https://twitter.com/WalesHealthy)
  - Facebook: [@healthyweighthealthywales](https://www.facebook.com/healthyweighthealthywales)
  - Instagram: [@healthyweighthealthywales](https://www.instagram.com/healthyweighthealthywales)
- Encouraging others to sign up to our newsletter via the following: [public.govdelivery.com/accounts/UKWALES/subscriber/new](https://public.govdelivery.com/accounts/UKWALES/subscriber/new)

You can help us to **deliver our strategy goals** by:

- Feeding back any concerns or opportunities relating to the strategy by emailing us at: [HealthyWeightHealthyWales@gov.wales](mailto:HealthyWeightHealthyWales@gov.wales)
- Telling us about the great work happening in your area. If you have completed or are in the process of coordinating a project, campaign or initiative which you'd like us to profile, please send your details along with a project overview to: [HealthyWeightHealthyWales@gov.wales](mailto:HealthyWeightHealthyWales@gov.wales) so that we can in turn empower, inspire and unite others across Wales.

## Wales Climate Week: 4<sup>th</sup> to 8<sup>th</sup> December

Wales Climate Week encourages a national conversation on climate change and provides an opportunity for a wide range of stakeholders to network and engage in important discussions on how Wales can play its part in tackling climate change.

Climate change presents one of the most significant threats this century to physical and mental health and well-being. There are also a number of practical opportunities for health that arise from climate change, and its mitigation. These include for example, promoting active travel and healthy and sustainable diets.

The theme for this year's Wales Climate Week is also one of the most important questions facing our society today: – How do we tackle climate change in a fair way?

In Wales, the Welsh Government has committed to ensuring a just transition to a greener, more sustainable economy that isn't reliant on fossil fuels. This means an approach driven by the guiding principle of leaving no-one behind.

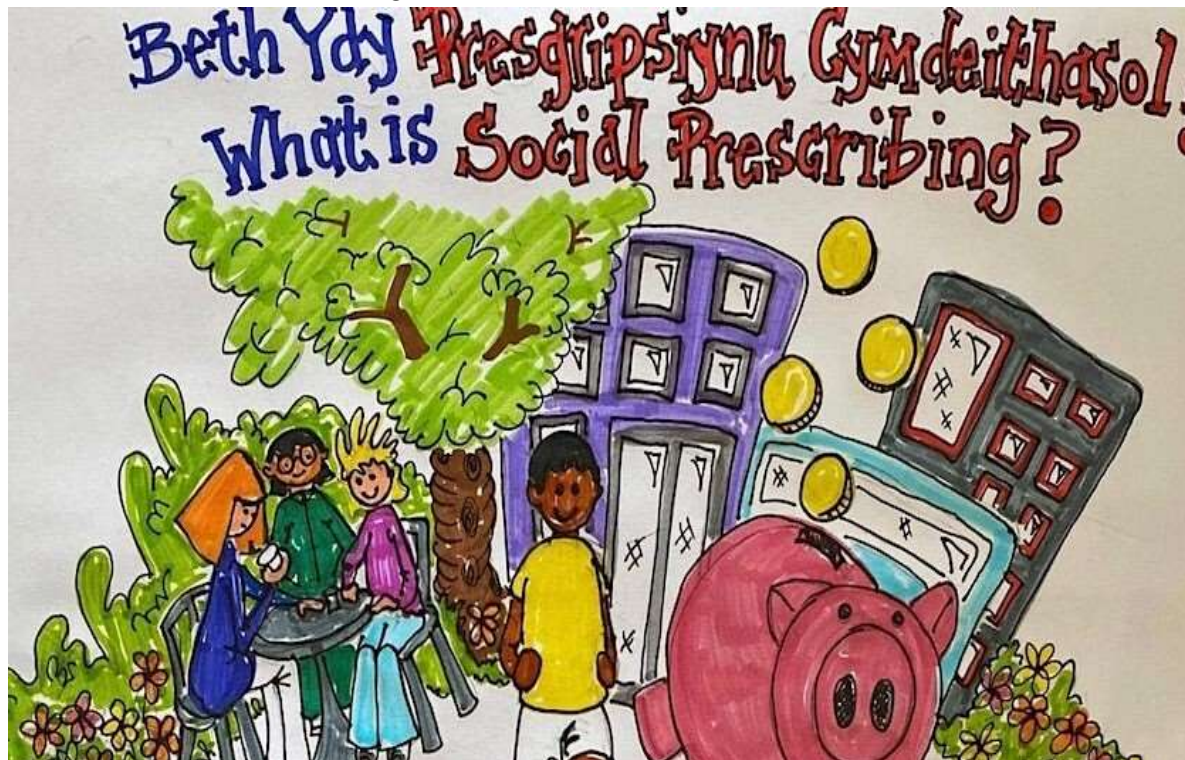
Wales Climate Week 2023 will feature a 5-day virtual conference examining the disproportionate impacts of climate change on different people, groups, organisations and places, and will explore how the

benefits associated with new climate policies are distributed fairly across society.

This is a free, open invitation event, where all are welcome to contribute to the climate conversation. Register now at [Home/Wales Climate Week 2023 \(gov.wales\)](https://www.gov.wales).

Alongside the conference, a series of [Climate Conversations](#) will be held across Wales to involve community groups and members of the public in exploring the links between solutions for tackling climate change and the cost-of-living crisis.

This year's programme of events will coincide with a Welsh Government consultation on a new 'Just Transition Framework'.



### **Social Prescribing Framework Launch: 7<sup>th</sup> December**

Social prescribing is a way of empowering people to better manage their health and wellbeing by connecting them with support and activities within their community.

The support and activities offered are tailored to the individual, but could include:

- advice on benefits they are entitled to, such as Healthy Start
- help to prepare healthy meals such as nutrition advice or cooking classes
- referral to physical activity such as walking groups, dancing classes or sports.
- referral to nature-based activities such as conservation work, bushcraft sessions or gardening
- signposting to mental health support such as guided meditation classes or

walk-in support groups.

There are lots of community assets which help to boost health and wellbeing across Wales. These include libraries, community centres and leisure centres. However, there can be barriers to accessing these such as people not knowing what is available or having the confidence to take part. Social prescribing is a key tool for increasing access to community assets by providing a little extra support and encouragement.

There are already many organisations in who use social prescribing – these include voluntary sector organisations, healthcare and social services and education settings. There is a growing evidence base for its many benefits including case studies from across Wales.

The Social Prescribing Framework is being introduced to provide a common vision and model for social prescribing in Wales to make sure there is consistency of approach and a clear understanding of its benefits.

You can find out more about the Social Prescribing Framework by registering for an online launch event. [Digwyddiad presgripsiynu cymdeithasol | Social Prescribing Event Tickets, Thu 7 Dec 2023 at 10:00 | Eventbrite](#)

The virtual event hosted collaboratively by Welsh Government, Public Health Wales, Wales School for Social Prescribing Research, University of South Wales, Health Education and Improvement Wales, Strategic Programme for Primary Care, and Wales Council for Voluntary Action, will be held on Thursday 7<sup>th</sup> December 10:00 – 13:00

**This event will:**

- Introduce the new National Framework for Social Prescribing in Wales
- Share social prescribing developments as part of the National Framework including, a Glossary of Terms for Social Prescribing and a Competence Framework for Social Prescribing Practitioners in Wales
- Set out the next steps for the National Framework
- Share experiences of social prescribing across Wales
- Hear how social prescribing has been implemented globally and listen to the reflections of an international panel of experts on the National Framework.

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Hello again everyone - I am hoping that this will reach you ALL EASILY! I will also try to send out News Letter 449 to those who didn't receive it last week. I have broken it up into two halves now in the hope that they will get to you easily this time. If you haven't told me and would like me to send these to you, my email address is: [bremner.millhouse@btinternet.com](mailto:bremner.millhouse@btinternet.com).  
Sybil (Bremner)

Thank you to Dianne Williams for another of her "specials!" and everyone else for your understanding! Sybil.

# Good Morning



*Life is full of  
give and  
take.  
Give thanks  
and take  
nothing for  
granted*

